



LONGEVITY *Senses*

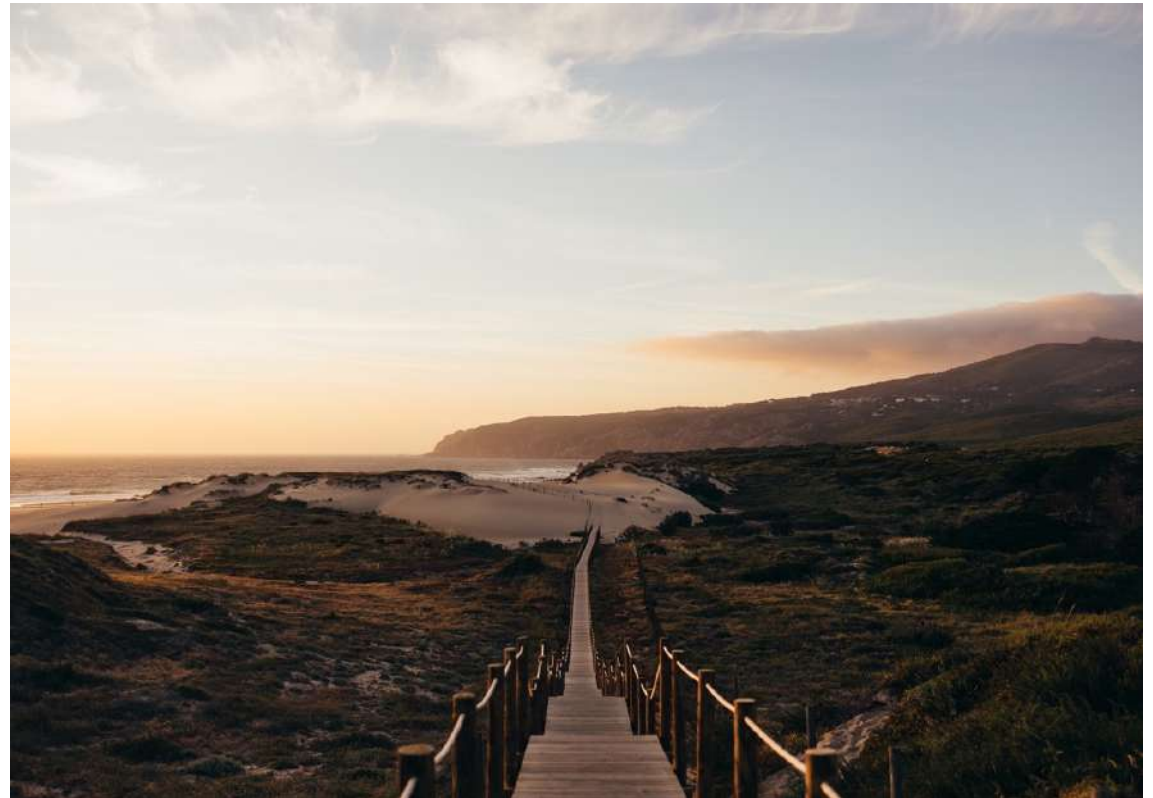
CASCAIS BOUTIQUE HOTEL & CLINIC



Winter Long Stays

Enjoy Cascais lifestyle in a luxury boutique hotel. **Scenic coastal walks along Guincho**, group yoga and stretching sessions, spa and wellness therapies, musculoskeletal treatments to manage pain and boost mobility, and medical wellness support.

Every stay is carefully designed to promote mobility, energy, and long-term vitality in a supportive, social setting. A perfect winter home for active seniors—where community, care, and coastal living inspire healthier, happier days.









Summary conditions (Gross Accommodation Rates)

	4 January to 31 de March 2026 + 2 November to 26 de December 2026	6 April to 30 April 2026 + 19 de October to 1 November 2026
	Single / Double	Single / Double
14 Nights Package Deluxe Terrace	€1943 / €2098	€2624 / €2780
28 Nights Package Deluxe Terrace	€3570 / €3856	€4823 / €5109

- Healthy and tasty breakfast
- Access to spa, sauna, hammam, ice fountain, sensorial showers, heated indoor pool, relaxation area, outdoor pool, jacuzzi and gym
- **10% off** spa/clinic à la carte
- **15% off** musculoskeletal & body health (free medical evaluation at start)
- Golf passport options between Cascais/Estoril/Sintra

Special Physio treatments – 15% off public prices

- **Osteopathy** - Our innovative systemic approach in osteopathic treatments is designed to restore balance, mobility, and optimal function throughout the body.
- **Physiotherapy** - Physiotherapy involves the assessment and treatment of disorders affecting the neuro-musculoskeletal system, using advanced technology equipment to address specific issues of the patient.
- **Craniosacral therapy** - Cranio-Sacral therapy is a preventative treatment that supports the body's natural defenses against illness. This therapy is particularly effective in improving conditions associated with pain and dysfunction, including migraines, chronic pain, and disorders involving neurovascular system coordination.

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- **Advanced TECAR** - Main Applications for TECAR Therapy:
 - Sports-related injuries
 - Muscle and tendon disorders
 - Spinal and peripheral joint conditions
 - Scar tissue treatment
 - Acute and chronic pain management
- **Tesla CHAIR for the lumbar region** - The TESLAChair™ treatment is a painless, non-invasive, and effective therapeutic modality designed to address issues in the lower back region. This therapy works by stimulating muscles and enhancing circulation, all without direct skin contact.

Special Physio treatments – 15% off public prices

- **Infrared light energy therapy** - The therapeutic effects of this treatment are primarily based on the generation of heat within the tissues, which can yield various beneficial outcomes, including:
 - Antispasmodic effects
 - Analgesic properties
 - Reduction in joint stiffness
- **Electrotherapy** - Electrotherapy is a physiotherapeutic treatment that employs electrical currents to stimulate targeted areas of the body affected by nerve pain, inflammation, muscle atrophy, and musculoskeletal injuries. This therapeutic modality aims to promote healing, alleviate pain, and restore functional movement.

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- **Percutaneous neuromodulation** - Percutaneous Neuromodulation (PNM) is a technique that involves the stimulation of neuro-reactive points in the body using dry needling or acupuncture needles, in conjunction with electrotherapy equipment. PNM is effective in the management of both acute and chronic pain, as well as neuro-musculoskeletal dysfunctions, by facilitating the restoration of normal nervous system function.
- **High intensity laser therapy** - High Intensity Laser Therapy (HILT) utilizes laser light to induce biostimulation and accelerate cellular processes, contributing to pain reduction and promoting faster recovery following injury.





The Art of Wellness. The Pleasure of Life.

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